

Abstrakt

Title: Creation and testing of a training program focused on the development of speed endurance in youth football players.

Objectives: The aim of this thesis is to design and verify a seven-week training program focused on developing speed endurance in youth football category.

Methods: A total of 34 participants took part in the pre-test and post-test. Each participant was an active football player from either SK Ďáblice or SK Votice. The study involved both an experimental and control group. The experimental group completed a seven-week training cycle aimed at improving speed endurance, while the control group served as a comparison to evaluate the program's effectiveness. The initial and final test for both groups utilized the Bumaza test, where the participants completed eight runs, and the average time was calculated. The research was conducted on the home fields of the aforementioned teams. Data were analyzed using the t-test method and Cohen's d (statistical and practical significance).

Results: The average improvement for the SK Votice team was $0,056 \pm 0,0491$ seconds, whereas for the SK Ďáblice team, it was $0,013 \pm 0,0351$ seconds. The most significant individual improvement for a player from SK Votice was $0,13 \pm 0,0491$ seconds, while for SK Ďáblice, it was $0,07 \pm 0,0351$ seconds. Conversely, the greatest decline was observed in a player from SK Ďáblice, with a decrease of $0,06 \pm 0,0351$ seconds. The total sum of improvements and declines amounted to $0,960 \pm 0,0491$ seconds for SK Votice players compared to $0,220 \pm 0,0351$ seconds for SK Ďáblice players. The total time required to complete the entire test was reduced by $6,98 \pm 2,555$ seconds for SK Votice players and by $1,87 \pm 2,555$ seconds for SK Ďáblice players.

Conclusion: Based on the results of my testing and subsequent comparison, I conclude that the seven-week training plan I developed is an effective method for improving speed endurance. The comparison demonstrated clear progress in time improvement, whether in average values, overall results, or individual performances. Players from SK Votice, who underwent the program, achieved more significant improvements compared to players from SK Ďáblice. According to my findings, this training plan represents an efficient approach to developing speed endurance. Its inclusion in regular training sessions should enable players to achieve measurable progress in this area of training.

Keywords: speed endurance, football, youth category, training program, bumaza test, speed abilities, training methods, t-test, cohene's d, statistical analysi.

